

Your Medical Home



**Lyster Army
Health Clinic**



Newsletter Clinic Updates

March is Nutrition Month

Visit the Nutrition Care table March 7 in the lobby of Bldg. 5700 from 9 am-1 pm and March 21 at the PX from 9 am-1 pm and participate in the “name that food” contest.

Come try some tasty food prepared by our diet technicians on March 14 and 28 from 9am-1pm at Munson and Bowden Terrace.

TRICARE Walk-In Services Closing April 1

The TRICARE Service Center (located in the Patient Service Center at the front of Lyster) will be closing April 1. All Tricare-related tasks can now be completed online at www.tricare.mil or by calling 1-800-444-5445.

Secure Messaging

- E-mail your doctor
- Request Appointment
- Request medication renewals from your provider
- Get Lab Results

Just give your e-mail address to our staff, call 334-255-7587, register at <https://app.relayhealth.com/> or scan.



Lyster will close March 19 at noon for mandatory training. We will reopen at 0730 Thursday, March 20.

New Red Cross Coordinator

Ms. Mary Hannes in room E120A (by the coffee shop). Her number is 334-255-7379 or e-mail at mary.hannes@redcross.org.

Did you know?

- If you have written prescriptions to drop off but don't need them right away, please use our Drop Off Window (window 3 on the drop off line). Your prescription will be ready 72 hours later.
- Sick call for Soldiers is from 0600-0630 Mon - Fri.
- Team Respect is now making same day appointments. Call 255-7000 to book an appointment today.
- A list of After Hours Urgent Care Clinics is located on the Lyster webpage.
Visit www.rucker.amedd.army.mil/

To schedule an appointment, call 334-255-7000 or book online at www.tricareonline.com

March 2014

Nutrition Care Clinic
334-255-9908

Tobacco Cessation
334-255-7986

Yoga
334-255-7028

Mon	Tue	Wed	Thu	Fri
3 Yoga V-130: 1145-1245	4	5 Healthy Heart Management & Prevention 0900-1100	6 Diabetes Prevention Class 1: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation 1330 #1	7
10 Yoga V-130: 1145-1245 Sleep Hygiene 0900-1100	11 Army MOVE Program Class 1 & 4	12	13 Diabetes Prevention Class 2: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #2	14 Health Cooking Class 1200-1400
17 Yoga V-130: 1145-1245	18 Army MOVE Program Class 2 & 5	19 LAHC closes at noon for monthly training.	20 Diabetes Prevention Class 3: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #3	21
24/31 Yoga V-130: 1145-1245	25 Army MOVE Program Class 3 & 6	26	27 Diabetes Prevention Class 4: 0900-1200 Yoga V-130: 1145-1245 Tobacco Cessation: 1330 #4	28 Health Cooking Class 1200-1400



Sign up for TRICARE Online today:

- Make an appointment 24/7
- View medical records
- Refill prescriptions



After your appointment you may receive an Army Provider Level Satisfaction Survey (APLSS) in the mail. Please do not throw it away. Please fill out the survey on the paper provided (prepaid return envelope included), online at the link provided, or call the number listed to complete the short telephone survey.

Surveys returned with satisfactory marks can earn Lyster extra dollars, which help keep our clinic up to date with the latest equipment and services available for you.

Thank you,
Lyster Army Health Clinic Staff